

# Apple, Cinnamon and Date Crumble (Middle East)

## Dessert



This recipe makes  
100 x 86g  
or 75 x 115g  
servings

25 minutes  
prep time

25 minutes  
cooking time

### Ingredients

- 5400g Canned apples – solid pack
- 400g Dates
- 880g Margarine
- 1260g Plain flour
- 500g Porridge oats
- 880g Dark brown sugar
- 25g Cinnamon

### Method

1. Cut the margarine into small pieces
2. Place the flour, oats, cinnamon and margarine into a mixer. Mix on a low speed until the mixture resembles breadcrumbs, add the sugar and mix further. (Do not over mix)
3. Pre-heat the oven to 180°C / 350°F / Gas Mark 4
4. Coarsely chop the apples and dates, spread evenly between four lightly greased shallow tins
5. Spread the crumble mix over the apples and smooth out evenly
6. Bake in the oven for approximately 25 minutes
7. Remove from the oven, portion accordingly and serve

100 Primary  
or 75  
Secondary  
portions

Tip =  
Serve  
with  
custard

High  
vitamin A

Recipe with  
thanks to  
Sunnymede  
Primary school,  
George Dixon  
Primary school  
and Cityserve  
Direct Services

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	199	171	229
Fat g	9.2	7.9	10.6
Saturates g	4.1	3.5	4.7
Carbohydrate g	34.2	29.4	39.3
NME sugars g	11.9	10.2	14.8
Fibre/NSP g	2.0	1.7	2.3
Protein g	2.5	2.2	2.8
Iron mg	1.0	0.9	1.2
Zinc mg	0.3	0.3	0.4
Calcium mg	38	33	44
Vitamin A ug	83	71	95
Vitamin C mg	3	2.6	3.5
Folate ug	4	3.0	5.0
Sodium mg	69	59	79